

# **THE TOP 10 THINGS TO KNOW ABOUT ADDICTION TREATMENT**

*WHAT THE SCIENCE TELLS US AND HOW IT CAN  
CHANGE WHAT WE DO*

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# ONE

"Alcoholics" and "addicts" are  
not a separate class of people

# TWO

People have wisdom  
about themselves

# THREE

Addiction is about  
motivation

# FOUR

## Treatment works

# FIVE

When compared with other bona fide treatments, theoretically different therapies tend to have identical outcomes

# SIX

The therapist to whom a  
patient is assigned  
matters

# SEVEN

Empathy is the most important therapist factor that improves patient outcomes



# EIGHT

Compassionate treatment  
affects whether people  
come back

# NINE

Therapist expectations  
matter a lot

# TEN

Integrating addiction  
treatment into medical  
care is a positive step

**People with substance use disorders deserve and respond to...**

**Empathy  
Compassion  
Respect  
Optimism**

# Thank You!

Questions and  
reflections?